

Dialectical Behavior Therapy Skills Training: Introduction and Fundamentals



Behavioral Tech

A Linehan Institute Training Company

DBT Skills Training: Introduction and Fundamentals

A comprehensive training in the DBT Skills: Core Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness, including the programmatic context and training methods required to help clients move from skills acquisition to generalization of skills in their natural environment.

Training Type

Remote, Instructor-Led Training delivered via Zoom.

CE Hours

30 (see next page)

utah department of
human services

Dates

March 8, 9, 11, 16, 18, 22, 23, 25, 30 and
April 1, 2021

Time

9:00am – 12: 15pm MST*

**MDT for 3/16 and following sessions*

Technology Requirements

- Reliable, high-speed internet connection
- Computer, web camera, microphone (headphones/headset preferred)

Trainer

Vibh Forsythe Cox, PhD



Apply for this training opportunity: <https://www.surveymonkey.com/r/ZMXTFHX>

APPLICATION DEADLINE FEBRUARY 19, 2021

Continuing Education Credit Information

Behavioral Tech cannot offer partial credit. To receive Continuing Education Credits, participants are required by the CE Boards to meet all criteria listed below:

- 1) Attend 100% of the training
- 2) Complete the Last Day Evaluation survey, and
- 3) Pass the Post Assessment(s) with a score of 70% or higher

Please remember to login through the Zoom online platform to document your attendance. Continuing Education will be emailed to you 4-6 weeks after the training.

This offering meets the requirements for the following hours by discipline. Licensing and continuing education requirements vary by state. Please contact your state's regulatory authority to verify if this course meets your licensing or continuing education requirements. Inquiries regarding CE for other disciplines not listed may be directed to Behavioral Tech at 206.675.8588 or via email to support@behavioraltech.org.

Alcohol and Drug Abuse Counselors

Behavioral Tech is approved as a NAADAC – the Association for Addiction Professionals, Provider #77431. You will receive a letter via email documenting your attendance upon successful completion of the activity. The allotted contact hours for this activity = 30

Mental Health Counselors

Behavioral Tech is approved by a NBCC-Approved Continuing Education Provider (ACEP™) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. Behavioral Tech will email you a letter documenting your attendance upon successful completion of the activity. The allocated clock hours for this activity = 30.

Nurses

Behavioral Tech is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. Nurses should only claim credit commensurate with the extent of their participation in the activity. Continuing Medical Education is accepted by the ANCC for nursing certification renewal. The maximum AMA PRA Category 1 Credits™ designated by Behavioral Tech for this activity = 30.

Psychiatrists

Behavioral Tech is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. Physicians should only claim credit commensurate with the extent of their participation in the activity. The maximum AMA PRA Category 1 Credits™ designated by Behavioral Tech for this activity = 30.

Psychologists

Behavioral Tech is approved by the American Psychological Association to offer continuing education for psychologists. Behavioral Tech maintains responsibility for the program and its content. Behavioral Tech will email you a letter documenting your attendance after successful completion of the program and homework. The number of hours Behavioral Tech has allocated within APA guidelines = 30.

Social Workers- UT

Behavioral Tech will. The hours of CE allocated for this activity = 30. apply to the NASW, Utah State Chapter, to offer continuing education for Certified Social Workers. Behavioral Tech will email a certificate of attendance upon 100% completion of this activity

